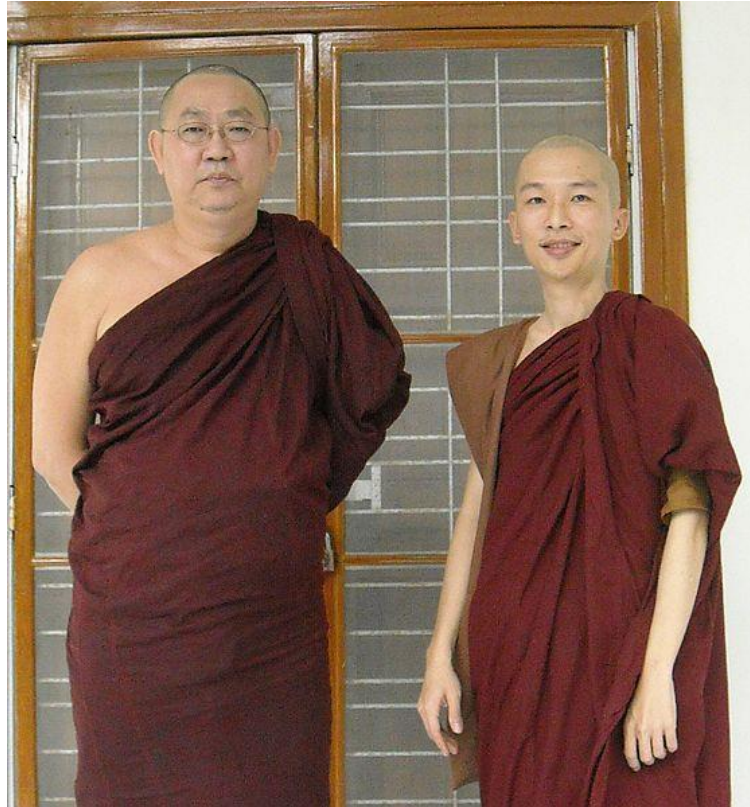


Sayadaw U Tejaniya

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Sayadaw U Tejaniya is a Theravadan Buddhist monk of Burmese Chinese descent and the meditation Teacher at the Shwe Oo Min Dhamma Sukha Forest Center in Yangon, Myanmar whose teachings have attracted a global audience.^[1]

Personal life

Sayadaw U Tejaniya lived as a householder running a textile business until age 36, which is atypical for Sayadaws in Myanmar.^[2] At various intervals during his pre-monastic life he studied intensively with Shwe Oo Min Sayadaw, a highly venerated figure who was one of the first meditation teachers trained by Mahasi Sayadaw.^[3] Sayadaw Tejaniya feels that because of his experience developing his practice while leading the life of a householder, he understands both the challenges yogis face in integrating their meditation practice with their everyday lives and how to overcome them.^[3] Another notable episode in his life was his struggle with two major episodes of clinical depression, which he credits with providing the motivation to develop his skills at mental self-investigation to an extraordinary level.^[2]

Pedagogical style

Sayadaw's teaching style differs in emphasis somewhat from the style of [Vipassana meditation](#) generally practiced in [Myanmar](#).^[4] Rather than making a single primary object the focus of [awareness](#) for [meditation](#), Sayadaw Tejaniya believes [awareness](#) must first pay attention to the presence of [defilements](#) in the [meditating](#) mind—greed, aversion and delusion—which can make themselves subtly present while [meditating](#) and diminish the effectiveness of the [practice](#).^[5] As Sayadaw Tejaniya has said, "Don't reject any object that comes to your attention. The object of attention is not really important; the observing mind that is working in the background to be aware is of real importance. If the observing is done with the right attitude, any object is the right object."^[6]

Sayadaw Tejaniya places less emphasis on form—the [sitting posture](#) or the specific method of [walking](#)—recommending instead a more natural pose closer to how [yogis](#) act in real life.^{[7][8]} In his words, "Meditation is not just about sitting on a cushion. No matter what posture you are in, if your mind is aware with understanding, you are meditating."^[9]

In addition to [Sati](#) and [Viriya](#) (mindfulness and perseverance), Sayadaw feels it is important for [yogis](#) to engage in [Dhamma Vicaya](#) (investigation of phenomena) of an almost scientific sort, which he believes is the most productive route to knowledge of the world as it really is.^[10] Sayadaw is particularly concerned with helping [yogis](#) build skills they can and will continue to use throughout their lives.^[11]

Overseas teachings

Sayadaw Tejaniya has taught and led meditation retreats in [Australia](#), [China](#), the [Czech Republic](#), [Great Britain](#), [Indonesia](#), [Israel](#), [Malaysia](#), [Poland](#), [Russia](#), [Singapore](#), [South Korea](#), [Sri Lanka](#), [Switzerland](#), the [United States](#) and [Vietnam](#). His principal writings have been translated into 11 languages. In 2012 Sayadaw traveled to the [United States](#) with his translator for a retreat at the [Insight Meditation Society](#) in [Barre Massachusetts](#). Over one hundred participants attended, including many noted North American meditation teachers.^[12]

Publications

Sayadaw Tejaniya has published three books drawn from his group interviews with [yogis](#) and one collection of brief [yogi](#) autobiographies emphasizing how the practice of [mindfulness meditation](#) has influenced them (including one by Sayadaw himself). Many of Sayadaw Tejaniya's question-and-answer exchanges with [yogis](#) about their [practice](#), which combine elements of traditional [dharma talks](#) and interviews, have been placed online.

External links

- [Sayadaw U Tejaniya / Shwe Oo Min Meditation Center](#)
- [Sayadaw U Tejaniya's Dharma Talks on DharmaSeed](#)
- [Sayadaw U Tejaniya's Dharma Talks on AudioDharma](#)
- [Sayadaw U Tejaniya Tumblr](#)
- [Dhamma Everywhere Tumblr](#)
- [Video of Retreat With Sayadaw U Tejaniya in Russia July 2012](#)